

SPRING EDITION  
May - June 2007

# Unbuddled VOICE

## **Inside The Key to Recognizing, Understanding and Appreciating Differences**

Students from across the Commonwealth visited Frankfort to participate in the 10th Annual Governor's Diversity Day at the Frankfort Convention Center.





**COMMONWEALTH OF KENTUCKY  
OFFICE OF THE GOVERNOR**

700 CAPITAL AVENUE  
SUITE 100  
FRANKFORT, KY 40601  
(502) 564-2611  
FAX: (502) 564-2517

June 2007

Kentucky is blessed with a rich cultural diversity. Each of our 120 counties offers something unique to the fabric of our geographic and cultural landscape.

On March 29 of this year, hundreds of students from across Kentucky participated in the 10th Annual Governor's Diversity Day at the Frankfort Convention Center. For a decade this event has encouraged our young people to embrace the differences within each of us and has taught them how our Commonwealth is stronger because of Kentucky's diversity. I wish to thank the Personnel Cabinet and the Office of Human Resource Planning and Diversity Initiatives for hosting this successful and informative event.

The Commonwealth is dynamic and continues to change. We have seen a sharp and steady increase in the number of Latino immigrants in recent years. That is why I was pleased to announce the establishment of the Governor's Latino Advisory Council. The council will serve as a central location for the coordination of statistics and research regarding Kentucky's Latino population, as well as provide a source of advice for my administration and other public institutions in state and local government.

In March, I announced the new class for the 2007 Governor's Minority Management Trainee Program. Members of this program were selected through a rigorous and competitive process. They are the future leaders of state government and I look forward to working with them throughout the year.

I also re-established the Governor's Minority Employment, Business Affairs and Economic Development Council. Ms. Cordelia Harbut of Lexington has agreed to serve as the council's chairwoman. This council will guide my administration as well as the General Assembly in helping to gain a better understanding of the needs and opportunities of Kentucky's minority businesses and business owners.

Finally, I recently welcomed the newest members of the Kentucky Native-American Heritage Commission. The commission is charged to educate Kentuckians about the rich diversity and heritage of Native American people in Kentucky. The commission is truly a state asset, as is every aspect of our diverse population.

That diversity brings us stories about people such as Joe Bowen, who, by riding his bicycle thousands of miles to share Kentucky's Unbridled Spirit with people across the United States and Canada. It also brings us stories about state employees like Sarah Hall, who unselfishly sought to make a difference in the life of Jennifer West, a young woman who lost her husband when a roadside bomb exploded near his vehicle in Iraq. I encourage you to read about these individuals and more in this edition of the Unbridled Voice.

Sincerely,

Ernie Fletcher, Governor  
<http://governor.ky.gov/>



**AN EQUAL OPPORTUNITY EMPLOYER M/F/D**



# table of contents

---

## **2 | GOVERNOR'S LETTER**

Kentucky's Rich Cultural Diversity.....2

## **4 | COVER STORY**

The Key to Recognizing, Understanding  
and Appreciating Differences .....4

## **6 | NEWS**

Environmental Education Certification  
Program Graduation Ceremony.....6

Governor Fletcher and Legislators  
Recognize Excellence in Teaching.....6

Governor's Safety and Health Award  
Presented to Western Kentucky Energy  
Corp.....6

Paper Recycling Program.....7

Prompt Action Saves  
Lives in a House Fire .....7

Batter Up! Sports Flash, Get Healthy  
Kentucky Call on Baseball Players for "No  
Spit" Campaign .....7

KHS Wins Gold Addy® Award  
for Web Site.....8

Kentucky Agricultural Development Fund  
Named Among Top 50 Government  
Innovations.....8

Governor's Highway Safety Program  
Announces Outstanding Achievement  
Award Recipients.....8

Joe Bowen: An Inspiration to Us All .....9

Kentucky History Awards Honor Veteran  
State Parks Employee .....9

Kentucky Scottish Weekend Selected for  
"Top Ten" Spring Events.....9

## **10 | SHOP TALK**

Going to the Dogs .....10

World Premiere of "Pony Expressionism" Art  
Exhibition Debuts at  
Kentucky Horse Park .....10

John Veitch Recognized for  
Accomplishments as a Thoroughbred  
Trainer .....10

First William Cooper Faith and Community  
in Action Award Presented.....10

Governor, First Lady Honor Newest  
Kentucky Women  
Remembered Inductees.....11

LaDonna Thompson Selected for  
Leadership Kentucky's 2007 Class.....11

## **12 | SPOTLIGHT**

A Random Act of Unbridled Spirit .....12

## **14 | GET HEALTHY KENTUCKY**

Health Alert: Ozone Season Begins.....14

Eating Disorders .....14

Allergies and Asthma: Just No Sneezing  
Matter .....14



Students of the River City Drum Corp. out of Louisville express their drumming techniques based on African culture and traditions.

## The Key to Recognizing, Understanding and Appreciating Differences

Students from across the Commonwealth visited Frankfort on March 29 to participate in the 10th Annual Governor's Diversity Day at the Frankfort Convention Center.

Fifteen schools and close to 600 visitors explored diversity through song and dance of various cultures and possible career opportunities throughout the Commonwealth.

Diversity Day, hosted by the Personnel Cabinet's Office of Human Resource Planning and Diversity Initiatives, gives stu-

dents an opportunity to visit with representatives from various state agencies, colleges, universities, local businesses and the military at an afternoon career fair. Exhibitors discussed future educational and career opportunities with students as they visited each booth.





Ladies from the SwarNartan out of Lexington prepared for their performance of traditional Indian dancing.

“There is great strength in diversity and even greater strength in unity,” said Personnel Cabinet Secretary Brian J. Crall. “Kentucky is richer and stronger because of the increasing diversity of our citizens.”

New to this year’s agenda was a student essay contest in which students from Kentucky’s middle and high schools were challenged to write a 500-word essay on diversity and what diversity means to them. There were two categories for the essay contest, a middle school division and a high school division.

The 1st place and 2nd place winners from middle school were Savannah Gowen of Oldham County Middle School and April Butler of Paducah Middle School.

The 1st place and 2nd place winners from high school were Danosha Edwards of Franklin-Simpson High School and Hannah Hogston of Tates Creek High School.

Each winner and their school was awarded a trophy. Each student’s teacher was awarded a storage container full of classroom supplies.

“Recognizing and understanding diversity in our world is very important. Recognition is the first step toward understanding and developing an appreciation for cultural differences,” said Dr. Mary Stoddard, executive director of Office of Human Resource Planning and Diversity Initiatives. “As in years past, this year’s Diversity Day offered a wide range of information in an effort to broaden the students’ horizons.”

This year’s event was a huge success, and the staff of the Office of Human Resource Planning and Diversity Initiatives would like to thank all those who participated and volunteered in any way.

## education

### Environmental Education Certification Program Graduation Ceremony

Kentucky Environmental Education Council (KEEC) Executive Director Jane Eller awarded diplomas to 13 non-formal environmental educators during the third annual certificate graduation ceremony held earlier this year at the Holiday Inn in Elizabethtown. Graduates of the program included cooperative extension agents: zoo, public forest, library and park staff as well as others interested in teaching about the environment in a non-formal setting.

The KEEC, an agency in the Kentucky Education Cabinet, was established in 1995 to improve Kentuckians' understanding of the environment. Their mission is to provide citizens with the knowledge and skills they need to make their own informed environmental decisions. For more information on the certification program, visit <http://www.keec.ky.gov>.

**Governor Fletcher and Legislators Recognize Excellence in Teaching**  
Governor Ernie Fletcher, joined by Kentucky Education Cabinet Secretary Laura E. Owens and members of the General Assembly, signed a proclamation declaring March 8th as National Board Certified Teacher Day in the Commonwealth.



Pictured are 2007 Environmental Education Certification Program graduates, course instructors and KEEC staff.

National Board certification measures a teacher's practice against high and rigorous standards. Teachers who have participated have overwhelmingly stated it is the most powerful professional development experience of their careers.

## environmental & public protection

### Governor's Safety and Health Award Presented to Western Kentucky Energy Corp.

Western Kentucky Energy Corp.'s Sebree Station employees have worked more than 1 million hours without a "lost-time" injury or illness, and for their efforts, company officials were presented

the 2007 Governor's Safety and Health Award.

Philip Anderson, commissioner of the Kentucky Department of Labor, presented the award during a safety celebration ceremony and dinner at the plant at Robards in Henderson County.

The award is given to employers and employees who together have achieved a specified streak of hours worked without a recordable injury or illness.

Sebree Station, a steam-generating facility, employs about 225 people. Western Kentucky Energy is a subsidiary of E.ON U.S., Kentucky's primary energy services provider and one the nation's largest, low-cost energy firms.

## Paper Recycling Program

Who are those people who show up at your office to collect paper from the recycling bins? They are employees of the Government Recycling Section in the Environmental and Public Protection Cabinet's Division of Waste Management.

Every weekday morning, recycling employees make rounds to 100 office locations in Frankfort.

The paper recycling program began in December 1980 with one worker and a Chevy truck. It has grown to become a self-sustaining program with six full-time employees who collected more than 3.7 million pounds of white ledger paper, newspaper, mixed paper and corrugated boxes in 2006. An increase in more than 2.3 million pounds collected in 2005 is due in part to the processing of collected paper stored during the transition to a new building.

Recycling services offered to state agencies – including confidential document destruction – are free. For more information, contact Brian Bentley at [Brian.Bentley@ky.gov](mailto:Brian.Bentley@ky.gov), 502-564-8070, or go online to [www.waste.ky.gov/branches/rla/Paper+Recycling.htm](http://www.waste.ky.gov/branches/rla/Paper+Recycling.htm).

## Prompt Action Saves Lives in a House Fire

A house fire can kill the occupants in minutes. The Office of the State Fire Marshal encourages all Kentuckians to have a household exit plan and working smoke detectors – properly placed – in case of a fire.

A fire exit plan is important any time but especially if a fire erupts while people are sleeping. Being suddenly awakened in blinding smoke is no time to begin thinking about how to get out.

Proper placement of smoke alarms is also essential. Alarms should be installed on every level of the home, including the basement, and outside every separate sleeping area. Ceiling-mounted alarms should be at least four inches from the nearest wall; wall-mounted alarms should be four to twelve inches from the ceiling.

It is important to remember to change the battery once a year. Pick a day that is easily remembered and make it the date for changing smoke alarm batteries.

## health & family services

### Batter Up! Sports Flash, Get Healthy Kentucky Call on Baseball Players for “No Spit” Campaign

The Sports Flash (TSF) Radio Network and Get Healthy Kentucky (GHK) are collaborating to reduce tobacco use in the Commonwealth, launching the Kentucky “No Spit” All-Star Campaign.

This unique health promotion will take place throughout high school baseball season and will honor players who have taken the pledge not to use smokeless tobacco products, such as “spit” or “chew” tobacco. The campaign, which started the week of March 26<sup>th</sup>, coincided with the beginning of baseball season.

According to the Kentucky Youth Tobacco Survey 2006, 23 percent of high school males have used some form of smokeless tobacco in the past 30 days. This latest data represents a two percentage-point decrease from 2004.

Each week, TSF Radio Network, which delivers customized, local sports reports, will air the spots announcing the “No Spit” All-Stars with 33 Kentucky affiliates. Nominations will be gathered from high school baseball coaches and fans from across Kentucky, who will then have the opportunity to vote for the weekly winner at



www.TheSportsFlash.com. Each weekly winner will receive a T-shirt as a “No Spit” All-Star and will be eligible to win the annual award as the “No Spit” All-Star of the Year.

For more information about the Kentucky “No Spit” All-Star campaign, contact TSF Radio Network’s Mike Sinnott at (517) 927-4570; or Jan Beauchamp in the Governor’s Office of Wellness and Physical Activity at (502) 564-7996, ext. 3817.

## historical society

### KHS Wins Gold Addy® Award for Web Site

The Kentucky Historical Society Web site, [www.history.ky.gov](http://www.history.ky.gov), has been recognized with a Gold ADDY® award in the category of Consumer HTML/Other Web Site. Organized by the Lexington Advertising Club, the ADDY® Awards highlight the best creative work being produced in the central Kentucky area.

The Web site was created by Elevation Creative Studios of Lexington. Elevation Creative Studios is an award-winning full service creative firm providing brand development, Web consulting and development, advertising and marketing design and tradeshow exhibit consulting and sales. Elevation’s clients include

very noticeable names covering a diverse range of industries across the United States and elsewhere in the world.

## office of agriculture policy

### Kentucky Agricultural Development Fund Named Among Top 50 Government Innovations

Governor Ernie Fletcher commended the Kentucky Agricultural Development Fund on being named among the 2007 Top 50 Government Innovations named by the Ash Institute for Democratic Governance and Innovation at Harvard University’s John F. Kennedy School of Government.

The Kentucky Agricultural Development Fund provides capital for innovative projects that help diversify Kentucky’s tobacco-dependent economy. These investments include local and state projects, designed to increase farm income and create sustainable farm enterprises.

The 2007 Top 50 Government Innovations are now semifinalists for the Innovations in American Government Award and are eligible to win one of seven \$100,000 grants.

To download the full list of Top 50 programs, visit [www.ashinstitute.harvard.edu](http://www.ashinstitute.harvard.edu).

## state police

### Governor’s Highway Safety Program Announces Outstanding Achievement Award Recipients

The Governor’s Highway Safety Program (GHSP) announced the recipients for the 2006-07 Grantee Award for Outstanding Achievement. The recipients for the award are Louisville Metro Police Department, Winchester Police Department, Harlan Police Department, Oldham County Police Department and Pikeville Health Department.

The award recognizes local law enforcement and health care organizations, that receive funding through the GHSP Federal Grant program, who have displayed outstanding achievement in traffic safety initiatives and educational programming. Nominees were submitted by GHSP local law enforcement liaisons, program managers and staff.

For more information about the Governor’s Highway Safety Program, please visit [www.ghsp.ky.gov](http://www.ghsp.ky.gov).



## personnel cabinet

### Joe Bowen: An Inspiration to Us All

*Humanitarian, Charmer and  
Unbridled Spirit Award Recipient  
shares his life's journey with  
Personnel Cabinet Employees.*

"I've lived the life of a rich man without the burden of ever having any money," said Joe Bowen, the charmer of all charmers, who shared his stories of traveling the world on a bicycle with Personnel Cabinet employees at the Employee of the Quarter ceremony held April 3, 2007.



*Humanitarian, Charmer and Unbridled Spirit Award Recipient Joe Bowen.*

"A service to humanity is the best walk of life," Bowen told the crowd of 50 or so employees in attendance.

Bowen has been recognized for his commitment, dedication and diligence in working to improve the lives of Kentuckians. He has been honored locally and nationally and currently holds the world record for the longest stilt-walk, according to the Guinness Book of World's Records.

As Kentucky's first recipient winner of the Kentucky Unbridled Spirit Award, Bowen's message to the employees in the Personnel Cabinet and the Commonwealth: "Help each other run the race of life and you'll get there right along with them."

## tourism

### Kentucky History Awards Honor Veteran State Parks Employee

A veteran employee of the Department of Parks was recognized on March 3 at the Kentucky History Awards Ceremony for her contributions to historic preservation.

Brooks Howard, assistant director for recreation parks and historic sites, received the Award of Distinction during the ceremony, sponsored by the Historical Confederation of Kentucky and the Kentucky Historical Society. Three Kentucky State Park historic sites were also honored with 2007 Kentucky History Awards.

Howard was the first woman president of the Lincoln Heritage Trail Board of Directors, a combined alliance of the states of Kentucky, Indiana and Illinois



*From left: Parks Commissioner J.T. Miller, Assistant Director for Recreation Parks and Historic Sites Brooks Howard, and Eric Brooks, president of the Historical Confederation of Kentucky.*

to promote Abraham Lincoln's history and the historic sites devoted to the Lincoln family. Howard currently serves as an advisor on Kentucky's Lincoln Bicentennial Committee.

### Kentucky Scottish Weekend Selected for "Top Ten" Spring Events

The Kentucky Scottish Weekend held in May at General Butler State Resort Park has been selected as a "Top Ten" event for spring by the Kentucky Tourism Council.

The event celebrated its 25th anniversary this year on May 11 – 13. It was sponsored by the Kentucky Scottish Weekend, Inc. and the park at Carrollton. The weekend featured dancing, music, athletic competitions, food and a gathering of the clans.

General Butler State Resort Park has a lodge, Two Rivers Restaurant, cottages, campground, gift shop, golf course and hiking trails. Call 1-866-462-8853 for more information.

## Going to the Dogs

The Kentucky Horse Park is the place to be for dog lovers this summer, as literally thousands of dogs representing nearly every breed in the world will gather at the park at various times to compete in national, regional and local shows.

Most of the shows are included with admission to the Kentucky Horse Park unless otherwise noted. For more information on show dates, times and locations, go to [www.kyhorsepark.com](http://www.kyhorsepark.com).

## World Premiere of "Pony Expressionism" Art Exhibition Debuts at Kentucky Horse Park

The Kentucky Horse Park continues its mission to celebrate mankind's long relationship with the horse by partnering with The Trail of Painted Ponies in the world premiere of: "Pony Expressionism: The Horse as Art." Running from April 20 through September 9, this first-ever exhibition dramatically showcases the inspirational power of the horse as expressed in a new art form: horse sculptures imaginatively transformed by painters into dazzling works of art.

Featured in the five-month exhibition will be four life-size Painted Ponies, including "Year of the Horse," a gorgeous celebration of ten different horse breeds by painter Lori Musil; and "Ceremonial Pony," a bronze horse sculpture elaborately adorned with beaded leather tack fashioned by Cathy Smith, the Academy Award

costume designer from "Dances With Wolves."

Also featured will be 10 finalists in the 2006 national competition, "The Native Art of Horse Painting," which honored the American Indian tradition of painting and dressing their horses before battle and ceremony, and 10 winners of the 2007 national competition, "America the Beautiful."

A series of special events, artist lectures and signings will take place throughout the summer-long exhibition.

For more information visit: [www.trailofpaintedponies.com](http://www.trailofpaintedponies.com) or call: Karlynn Keyes, (480) 459-5700, Ext. #2.

## environmental & public protection

### John Veitch Recognized for Accomplishments as a Thoroughbred Trainer

Kentucky Chief State Racing Steward John Veitch, a renowned thoroughbred trainer before he became a racing official, has been nominated for induction to the National Museum of Racing's Hall of Fame in Saratoga Springs, N.Y.

Veitch's training career began in 1974. He burst upon the national scene four years later with Alydar, who was runner-up to Affirmed in each of the 1978 Triple Crown races.

Veitch also trained such notables as Davona Dale, Our Mims, Be-

fore Dawn, Sunshine Forever and the winner of the 1985 Breeders' Cup Classic, Proud Truth. During his career Veitch won 410 races in 2,340 starts in North America. He once was the private trainer for Calumet Farm.

Veitch currently serves as chief state steward for the Kentucky Horse Racing Authority.

## governor's office

### First William Cooper Faith and Community in Action Award Presented

Governor Ernie Fletcher presented the first William Cooper Faith and Community in Action award to Kenny Boyd, executive director of Youth Alive, Inc. in Louisville, during the 2007 Governor's Prayer Breakfast at the Frankfort Convention Center.

The Youth Alive program was inspired by Mr. Boyd's dream to begin a youth development and support program that provides educational support and delinquency prevention services for at-risk youth in disadvantaged neighborhoods.

William Cooper, the namesake of the award, was inspired to begin a prayer breakfast in Kentucky after having the privilege of attending several Presidential Prayer Breakfasts in Washington, D.C. With Cooper's vision, Kentucky hosted its first Governor's Prayer Breakfast in 1965. Today, the tradition continues and this year Mr. Cooper was recognized by having the



award presented in his name.

### **Governor, First Lady Honor Newest Kentucky Women Remembered Inductees**

Governor and Mrs. Ernie Fletcher joined the Kentucky Commission on Women to honor three Kentucky women as inductees to the Kentucky Women Remembered exhibit at the state Capitol. The exhibit honors outstanding Kentucky women and their lifetime achievements.

Ms. Nelda Barton-Collings, of Corbin, president and chairman of the board of Bretara LLC and Tri County Cineplex LLC, was inducted along with the late Beula Cornelius Nunn, former first lady of Kentucky, and the late Alice Allison Dunnigan, an award-winning journalist and civil-rights activist from Russellville.

Kentucky Women Remembered began in 1978 and consists of portraits depicting outstanding women

in Kentucky's history. Each year, the Kentucky Women Remembered Committee selects one to three Kentucky women to become part of the exhibit and assure their place in the state's history.

For more information on the Kentucky Commission on Women, visit [www.women.ky.gov](http://www.women.ky.gov).

## **justice**

### **LaDonna Thompson Selected for Leadership Kentucky's 2007 Class**

The Leadership Kentucky Foundation Inc. has selected Deputy Commissioner LaDonna Thompson as one of the 55 participants for the Leadership Kentucky Class of 2007.

Leadership Kentucky selects its members from the state's current and future leaders. The class will meet for seven sessions examining current issues facing the Commonwealth. Possible topics will

be Kentucky history, public policy, government, education, economic development, arts, environmental issues, health and human services.

Deputy Commissioner Thompson began her career as a Correctional Officer in 1989 at the Eastern Kentucky Correctional Complex. She worked her way through the system in various positions at the Kentucky State Reformatory, Luther Luckett Correctional Complex and Central Office.

Thompson is a graduate of Morehead State University and received her degree in psychology and sociology.

# Spotlight



Jennifer West and Sarah Hall of EPPC holding Kentucky Colonels for Oprah Winfrey and Jennifer West.

## A Random Act of Unbridled Spirit

I have to do it. I have to make a difference.

Those were the thoughts of Sarah Hall, deputy executive director of the Office of Legal Services in the Environmental and Public Protection Cabinet, when she entered a contest sponsored by Oprah Winfrey's magazine. The prize: a week of pure luxury at an Arizona spa. But if she were lucky enough to win – if she beat the odds among tens of

thousands of entrants – Hall intended to give the prize to someone she had never met – a 24-year-old war widow.

### In the News

The Lexington Herald-Leader reported the death of Army Private Theodore "Coty" West – killed on Nov. 28, 2006, when a roadside bomb exploded near his vehicle in Baghdad. Coty and Jennifer West had been married just four and a

half months. Hall was captivated by a photograph that accompanied the newspaper's account of Coty West's funeral – the image of a grieving Jennifer West, suddenly widowed at age 24, her arms wrapped around a folded American flag that was presented to her at the gravesite. "She reminded me of my daughter, Holly, who is in the (ROTC) Tarheel Battalion at the University of North Carolina at Chapel Hill," said Hall.



## The Contest

The contest sponsored by O Magazine was called “Live your best life.” Thousands entered to win the all-expenses- paid trip to the Miraval Spa in Tucson, there to hang out with Oprah Winfrey and her friend, Gayle. The contest required entrants to write a short essay – 50 words or less – on why they needed to win the trip.

Hall’s entry was easy: She glued the Herald-Leader photo of Jennifer West to an index card. The essay was short and to the point: “It’s the least we could do to help her with a new beginning due to her enormous loss and, it’s a way to remember Theodore “Coty” West for his sacrifice for the freedom we all so value.”

Hall won the contest. Jennifer West, a senior at Eastern Kentucky University, took the trip. West, with 49 other contest winners, spent five days in early March enjoying spa treatments, relaxing, riding horses and listening to inspirational lectures.

“Oprah always talks about making a difference. And Coty wrote in a letter home that he was there in Iraq making a difference. This contest was my opportunity to make a difference in Jennifer’s life,” Hall said.

O Magazine staffers phoned Hall to deliver the good news that she had won the contest. But there was a problem. Because Hall had never met West, she had to track her down using clues in the newspaper article. She finally found a phone number from the Berea church where Coty was laid to rest.

“When I called Jennifer, I didn’t really know what to say. But, the words just came rolling out. Jennifer originally said she couldn’t go because of school work. But her mother convinced her to go,” said Hall.

## The Meeting

Hall and Jennifer West met for the first time Feb. 27 in the Capitol, talking and laughing together before a ceremony in the Kentucky House of Representatives honoring Coty West and other fallen heroes.

“I’m excited to be here today, but at the same time I’m stressed over school and mid-term exams. School is my biggest concern at the moment,” West said.

West said that she hasn’t slowed down since her husband’s death last Thanksgiving and the trip came at an opportune time for her.

“I am so incredibly happy. Sarah is amazing. She is living proof that God answers prayers in mysterious ways, and just when I thought I was going to break, he sent me Sarah. I am amazed.”

Hall loaded up West with jackets, sweatshirts and hats featuring Kentucky’s Unbridled Spirit logo to share with Oprah and Gayle. In addition, Oprah and Gayle are officially Kentucky Colonels; Hall gave West framed certificates to give to them to prove it. West also took the two celebrities t-shirts and hats from her school, EKU.

“This is a new beginning for Jennifer and I’m happy to meet her and be a part of it,” said Hall.



## Health Alert: Ozone Season Begins

The Division for Air Quality (DAQ) announces the beginning of ozone season, when harmful ground-level ozone - commonly known as smog - is most likely to form.

DAQ conducts ozone monitoring from March 1 through Oct. 31 each year. "The health of sensitive populations, including children, the elderly, and those with lung conditions, is most likely to be affected by ground-level ozone," DAQ Director John Lyons said.

A map of current and forecasted air quality conditions is available at [www.airnow.gov](http://www.airnow.gov). DAQ also offers a toll-free number, 1-800-AIR-IN-KY, with up-to-date regional air quality information. There you will find all the information that you need to protect your family's health from poor air quality.

Each of us can take simple actions to help our air quality. From maintaining our cars to

purchasing energy efficient appliances and electronics, it all adds up to cleaner air! For more ideas about ways that you can make a difference, visit the Division for Air Quality website at [www.air.ky.gov](http://www.air.ky.gov).

## Eating Disorders

Anorexia and Bulimia Nervosa sufferers' obsession with body weight results in the use of dangerous methods to eliminate calories. These include starvation, abuse of laxatives and/or diuretics and self-induced vomiting. Complications from these methods range from an increase in cavities, chronic hoarseness, organ and kidney failure, cardiac arrest, and tears in the esophagus and stomach. In females, the menstrual cycle can stop, which has shown to increase the risk of miscarriages, infertility and osteoporosis. Depression, substance abuse and anxiety frequently occur in conjunction with eating disorders. Adolescents have always been a high risk group because they are susceptible to peer pressure, but now can also be influenced by

websites that promote Anorexic or Bulimic behaviors as lifestyle choices instead of illnesses.

Many of the physical complications can become life threatening and the associated mental health problems increase the likelihood of suicide, which is why treatment is imperative. Unlike once believed, eating disorders can affect anyone; however, females, professional athletes, models, people with chronic illnesses that require dietary restrictions and those serving in the military are at a higher risk. For more information and/or referrals for treatment contact the Kentucky Employee Assistance Program at 564-5788 or 1-800-445-5327.

## Allergies and Asthma: Just No Sneezing Matter

Allergies are an immune system reaction to substances, such as dust, foods, molds, pollens, animals and cosmetics. Our body produces antibodies to defuse these substances, which triggers the release of histamine that produces an allergic reaction. This reaction can take place by the small particles



we breathe that floats in the air into our lungs.

People who have a family history of asthma and allergies are at greater risk for developing the same conditions. Therefore, they are more likely to suffer from similar triggers. Overall, people who suffer from allergic symptoms or asthma are sensitive to triggers. These triggers can be numerous and can include simple things like:

- Tobacco and other smoke
- Perfume, paint, hair spray, or any other strong scented agents
- Dust mites, pollen, molds, pollution and animal dander
- Common cold, influenza and other respiratory illness

In order to better monitor allergic reactions it is helpful to keep a log of your triggers. This will help you to avoid future exposure, so that you can eliminate or reduce your attacks.

Most common allergic symptoms:

- Clear runny nose or mucus
- Sneezing
- Stuffy nose
- Itchy and runny eyes
- Sluggishness
- Asthma

#### Tips for Reducing Triggers

Avoiding the allergen can be sensible, but not always practical. We cannot live in isolation or control

weather conditions or seasons. However, we can become more alert and take precautions by staying indoors when pollen levels are high. Try wearing a mask when going outside in these conditions or doing gardening. If we are allergic to our pets or animals, we should bathe them on a weekly basis to reduce our triggers to pet saliva and dander in the home. Molds can also be a trigger. Washing containers and fabrics such as linens weekly will help prevent molds from spreading. Humidity can increase the molds in our home. The best way to address this is to increase circulation in your home and clean problem areas, for example bathrooms, kitchens and basements often. Use vacuum cleaners with proper filtration to avoid releasing dusts and allergens into the air. It is also helpful to have air filters and air conditioners in your home in order to breathe easier.

#### Facts about Asthma

Asthma is a disease that affects the lungs. There are 20 million Americans suffer from this disease. It is one of the most common long-term diseases of children. These symptoms are recurrent: wheezing, breathlessness, chest tightness and coughing in the wee hours of the morning. Asthma can be managed by medications and avoidance of triggers. Chronic asthma produces symptoms on a regular basis. These symptoms

range from mild to full-blown acute attacks. Medication is used daily to combat these symptoms.

If you have been diagnosed with this asthma and would like to take the asthma control test visit, <http://www.asthmacontrol.com/>

To learn more about asthma, visit <http://www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=22582#when>





# Why you should join the Kentucky Public Employees' Deferred Compensation Program

*Simple. Smart. For You. For Life.*

## Consider These Benefits:

- ◆ You need a long-term investment savings plan to meet your retirement goals. Chances are, Social Security benefits, plus your state or other system retirement plan, will not provide enough income to maintain your current standard of living. Kentucky's low-cost program lets you supplement your retirement with your own voluntary savings and investment plan.
- ◆ You may select from a number of quality, well-known investment options on a no-load basis. Fund management and plan fees may still apply. **Fund prospectuses are available by calling 1.800.542.2667. Read the prospectus carefully before investing.**
- ◆ It is convenient. You can invest easily through payroll deduction.
- ◆ Tax deferral means you can invest more of your income now. You pay no federal or state taxes on the portion of your income you contribute to the traditional pre-tax 457 and 401(k) plans, or on any of your investment earnings, until the money is paid out to you. *Assets withdrawn from a qualified plan may be subject to a 10% penalty tax if withdrawn prior to the age of 59 1/2; and all withdrawals may be subject to income tax.*
- ◆ You may also pay lower taxes when you receive your distributions. First, you may be in a lower tax bracket after you retire. Second, under current state law, a significant portion of your Deferred Compensation distributions at retirement may be excludable from Kentucky state income tax.
- ◆ It is easy to make changes: Over the Web at [www.kentuckydcp.com](http://www.kentuckydcp.com), or with SAVER, our telephone voice response system (800.793.4401). Both allow you to check on your account balance, move money between funds, and more – any time of the day or night (except for brief backup periods). You may also make changes by contacting the Authority office in Frankfort. *Certain excessive trading restrictions may apply.*
- ◆ Your Social Security and retirement benefits are not affected by your contributions under the Authority's Plan(s).

*The Kentucky Public Employees' Deferred Compensation Authority (the "Authority") provides supplemental retirement coverage to thousands of public employees in Kentucky.*

## Available Plans:

- ◆ **457(b) Plan**
- ◆ **401(k) Plan**  
includes a Roth 401(k) option.
- ◆ **Deemed IRA** (coming 7/1/07)  
Includes a Traditional and Roth IRA option, available only to participants in the Authority's 457 or 401(k) Deferred Compensation Plans.

## To Learn More:

Call a Kentucky Plan Service Representative at **1.800.542.2667** (or in Frankfort at **573.7925**).

Information provided by Plan Service Representatives is for educational purposes only and is not intended as tax, legal, or investment advice.

Plan Service Representatives are registered representatives of Nationwide Investment Services Corporation, member NASD.



[KentuckyUnbridledSpirit.com](http://KentuckyUnbridledSpirit.com)

Securities offered through Nationwide Investment Services Corporation, member NASD.

©2007, Nationwide Retirement Solutions, Inc. All rights reserved. NRM-4331KY

